

# National School Sport Week at Home 2020

Celebrating the power of sport  
to bring people together

## Guide for Parents



YOUTH  
SPORT  
TRUST

NATIONAL SCHOOL

SPORT WEEK 2020

AT HOME

supercharged by

sky sports

#NSSWtogether

Samantha Kinghorn  
Sky Sports Scholar

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# Thank you for registering

Thank you for registering.

This annual campaign which is now in its 12th year is powered by children's charity the Youth Sport Trust.

For 2020, National School Sport Week will become National School Sport Week at Home.

Right now, young people are missing their friends and missing the sense of connection they get from enjoying sport and play. Millions of young people will be without a school sports day this summer.

This year we want to unite the whole country - families, schools, sport and businesses - in a celebration of the power of sport to bring people together to capture the enjoyment, challenge and camaraderie they are missing out on.

So, what are you waiting for? Taking part requires 3 simple steps...



**Imani Lansiquot**, athletics

## Choose

TOGETHER choose who, how and what activity you will be taking part in

Activity ideas



## Challenge

Decide what your challenge will be.  
Will you compete or co-operate TOGETHER in your chosen activity?  
How many people can you challenge to take part simultaneously?

> [Personal challenge card](#)



## Capture

Capture your achievements through photos and videos to help you relive your memories. TOGETHER celebrate your collective experiences and SHARE these through social media #NSSWtogether

# Getting started with NSSW at Home 2020!

We have created ideas for activities and challenges to stimulate your child's/young person's engagement that draw from a range of existing online materials including the **#StayHomeStayActive** campaign.

## Choose

Choose activities from:

- **Track and field**
- **Aiming sports**
- **Team sports**
- **Adventure sports**
- **Artistic sports**



## Challenge

Challenge yourself to complete:

- An activity a day for the week
- As many activities as you can in one day
- Activities with as many people as you can at the same time



Whichever activity and challenge you choose, the focus should be to promote **togetherness, inclusivity** and **wellbeing**.

## Togetherness

Once you have chosen your challenge, see how many people you can encourage to take part together either within your home, outside or virtually. Throughout the week, we challenge you to connect with as many different people as possible, try as many different activities as you can and have fun setting new personal bests and creating memories which will last a lifetime.

# Inclusivity

Do you know why your child/young person takes part in sport? Do they like to compete, or do they just want to play for fun? Think about why they take part, their confidence, skills and age to make sure the activity you choose suits them. It isn't always about winning, consider:

- understanding what makes your child/young person want to complete.  
[Watch this short video #Reframecompetition](#)
- challenging your child to set and beat their own personal best,

- making the challenge team based or partner based, i.e. how many points can you score together, how long could you maintain an activity for, what distance could you travel if you added up all the activities you take part in?
- what you will celebrate?  
[Watch this short video #Reframecompetition](#)

Do you have children of different ages and abilities? Consider how you might adapt the activities to make it fair, fun and give everyone the chance to succeed. [Top Sportsability](#)

- **STEP** can help ensure everyone is included!



# Wellbeing

We have aligned the ideas for activities and challenges in this guide to the five ways to wellbeing\*.

*\* The five ways to wellbeing were developed by the New Economics Foundation. Evidence suggests there are five steps you can take to improve your mental health and wellbeing. These have been by the NHS as well as various mental health charities.*



Samantha Kinghorn, wheelchair racing

#NSSWtogether



## Be active

Physical activity is great for your health and fitness, but by setting goals or challenges and achieving them, you raise your self-esteem which positively enhances your mood.



## Connect

Connecting with others through a shared experience builds a sense of belonging and provides emotional support.



## Give back

Simple acts of kindness and giving back to others helps create positive feelings and a sense of reward.



## Take notice

Enjoy the moment, take notice and be mindful of everything that is going on around you. Take part with family and friends, capturing your activities with photos and videos so that you can relive the experience again.



## Learn

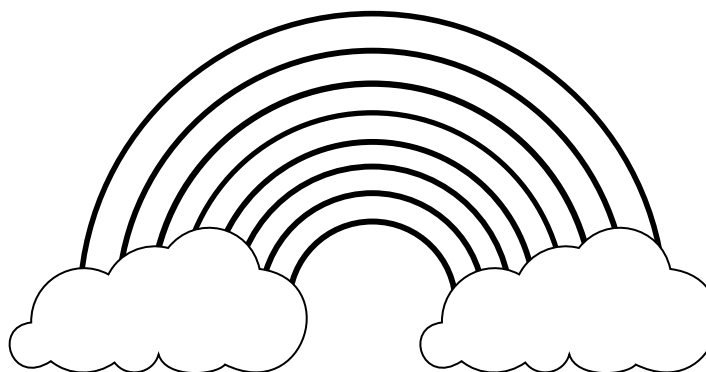
Choosing to learn or try something new helps boost confidence, raises self-esteem and helps you to connect with others.

# Plan your NSSW at Home 2020 - What will you choose to do?

		<i>Example</i>	Sat 20th	Sun 21st	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
<b>Choose</b>	What activity will you try?	<i>Egg and spoon race</i>							
	How will you play?	<i>Outside, in teams of two, best of three races</i>							
	Who is playing?	<i>My family</i>							
<b>Challenge</b>	Who will you challenge?	<i>My Auntie's family</i>							
<b>Capture</b>	How will you capture the memory?	<i>Photos, videos, and timing the races</i>							
<b>Reflect</b>	What did you learn?	<i>My sister and I make a great team</i>							

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?



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# What is your Personal challenge?

## My Personal challenge scorecard

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
<b>Chosen activity</b>		Right Way Wrong Way	Fast Feet					
<b>My scores</b>	Attempt 1	33	15					
	Attempt 2	35	14					
	Attempt 3	38	16					
<b>My personal best</b>		38	16					
<b>Who I played with</b>		My sister Katie	My Mum and my Aunty					
<b>Our collective challenge</b>		To improve our score each time	To get more than 40 in one go					

Ensure your activities result in **SMILES**:

### Safe

Everyone feels physically and emotionally safe to take part

### Maximum participation

Everyone is fully involved all of the time

### Inclusive

Everyone can take part; activities are designed to suit and develop their abilities

### Learning

Everyone can develop personal, social, creative, thinking and/or physical skills

### Enjoyment

Activities recognise everyone's personal needs and interests

### Success

Everyone feels they are making progress

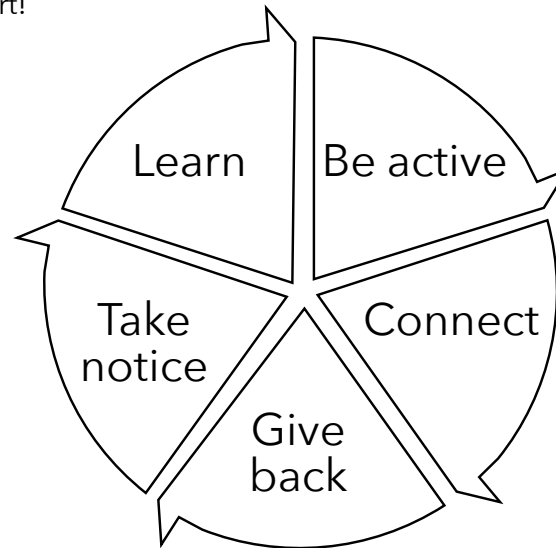
# What is your Personal challenge?

Use this personal challenge card to track your wellbeing throughout the week and the family sporting values you choose to play by. Maybe you can print one out for everyone taking part!

## Your wellbeing tracker

Colour in each segment to reflect how you feel you are progressing with each of the five ways of wellbeing.

E.g. colour in 50% if you feel you have more to give...



## Our family sporting values:





# My Personal challenge scorecard

Use this scorecard to record your personal bests throughout the week. Maybe you can print one out for everyone taking part!

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity								
My scores	Attempt 1							
	Attempt 2							
	Attempt 3							
My personal best								
Who I played with								
Our collective challenge								

# Staying safe whilst having fun...

Our ideas and principles should be considered alongside Government published guidance on Covid-19.

Things to consider:



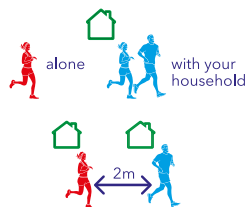
## Plan

You can exercise more than once a day, so plan when and where you will take part.



## Venue

It is safest to exercise at home, so connect with other challengers outside your household virtually, or in an open space if that is possible.



## People

You can exercise alone, with members of your household or at a safe distance with other people outside your household following current government guidance.



## Equipment

Use your own equipment. Only share equipment if you are from the same household.



## Wash your hands

It is important to wash your hands before and after each activity. Try not to touch your eyes, nose and mouth with unwashed hands.



## Catch it, bin it, kill it!

If you need to sneeze or cough, make sure you catch it with a tissue, bin it and kill it by washing your hands with soap and water for 20 seconds or hand sanitiser.



## Stay safe in the sun!

Apply sun cream, wear a hat and sunglasses and look out for shade.



## Keep hydrated

Stay hydrated by drinking plenty of water as you exercise.

# Sharing and Celebrating

National School Sport Week at Home 2020 is all about **TOGETHERNESS**. We want to use the power of sport to unite the whole country - families, schools, sport partners and businesses. During a time where social interaction has been extremely limited, we would like all participants to look back fondly with memories of the enjoyment, challenge and camaraderie that National School Sport Week at Home and the power of sport has provided.

Help us to show this by posting your videos, photos and memories of your challenges and experiences to social media.

Please tag us:

**@YouthSportTrust**

**@SkySports**

Please use the hashtag:

**#NSSWtogether**



## Useful downloads

You can use the links below to download a selection of social media graphics:

- A selection of graphics for use on Facebook - [Download](#)
- A selection of graphics for use on Instagram - [Download](#)

- A selection of graphics for use on Instagram Stories - [Download](#)
- A selection of graphics for use on Twitter - [Download](#)

You can download suggested posts at: [Download](#)

# National School Sport Week - Parents

This year has been like no other and, in recognition of the huge changes and challenges that we have all faced, National School Sport Week looks rather different in 2020 but we are delighted you as parents want to get involved!

As a parent or family taking part in NSSW 2020 there are three things we are asking you to do, and we invite you to use this guide as inspiration to:

- Encourage your friends and family to get involved - maybe your normal family quiz can be a virtual sports day, does your local facebook group love a sporty challenge?
- Let you and your families get creative with your own activities or use our activities guide to choose something everyone will enjoy
- Think about a synchronised challenge that your family, extended family or local community could take part in - we would love to hear what you have planned  
[events@youthsporttrust.org](mailto:events@youthsporttrust.org)



Molly Thompson-Smith, climbing

Right now, young people are missing their friends and missing the sense of connection they get from enjoying sport and play. Millions of young people will be without a school sports day this summer.

By getting involved your family can engage in a series of virtual sporting challenges to help capture the enjoyment, competition and sense of togetherness we are missing out on.

We would love you to take part in this unique opportunity and enable your family to enjoy time together through the power of sport.

# About the Youth Sport Trust

We are a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. We have 25 years of expertise in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

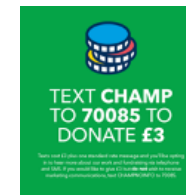
We harness the power of sport, physical activity and PE to increase young people's life chances through improved wellbeing, healthier lifestyles and greater attainment. In this way we are helping children to become school ready, promoting inclusion and tolerance and giving young people a sense of belonging.



Sky Sports will supercharge this year's campaign, helping to inspire families across the country to take part. This builds on a long-term relationship between the broadcaster and the charity. In 2003 the Youth Sport Trust and Sky launched Sky Sports Living for Sport, with over half a million young people taking part in the initiative over a decade. The Youth Sport Trust is now a key charity partner for Sky Cares, Sky's employee volunteering programme. Earlier this month the £75,000 commercial fees from the sportsmen and women who appeared in the **#IAmSport** marketing film were donated by Sky Sports to the charity.

Find out how you can support the work of the Youth Sport Trust here:

[www.youthsporttrust.org/fundraising](http://www.youthsporttrust.org/fundraising)

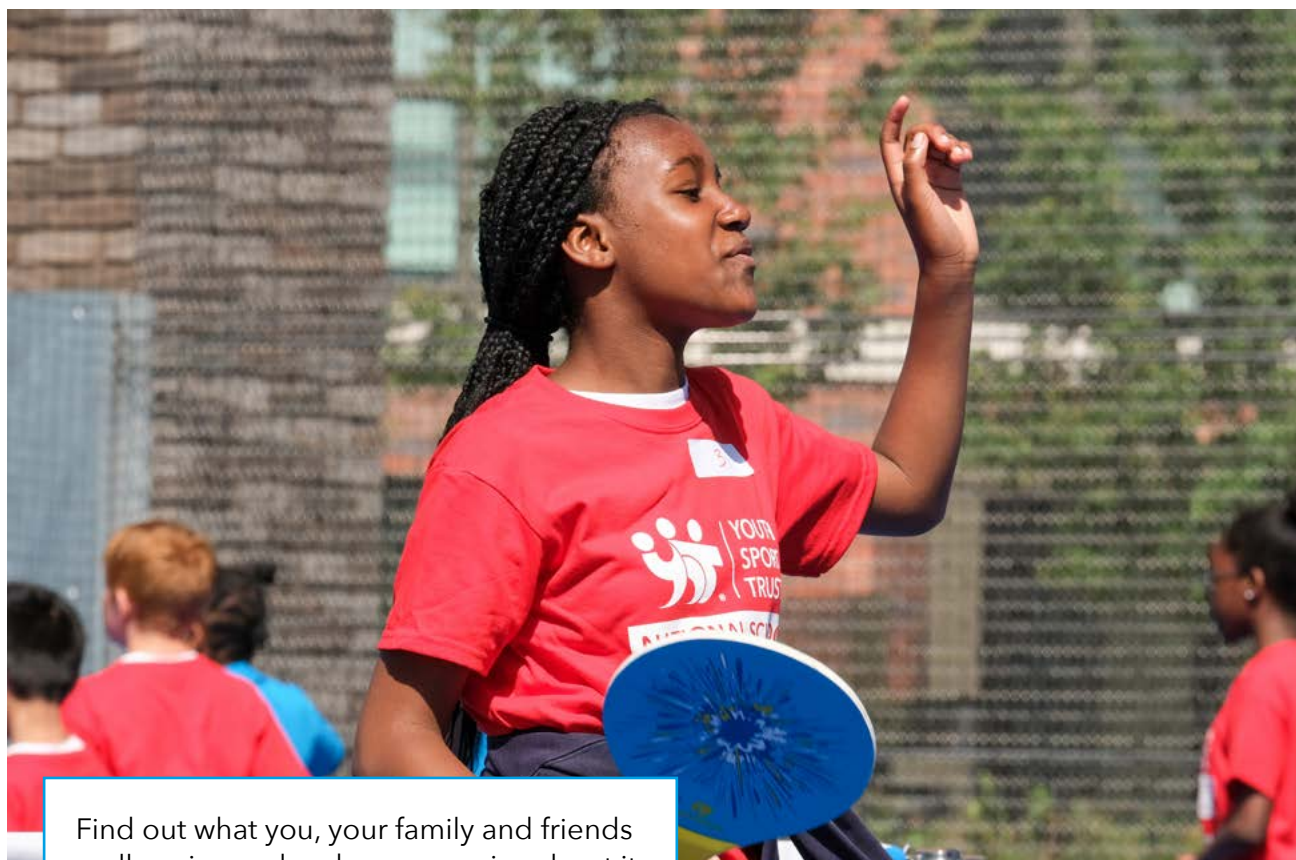


# Thank you

This guide has been put together with thanks to the following organisations and resources:

- **British Cycling - Ready Set Ride**
- **Chance to Shine**
- **Complete PE**
- **Cosmic Kids**
- **England Athletics**
- **KidzBop**
- **Nike & UkActive Kids - Move Crew**
- **Premier League Primary Stars**
- **School Games Active Championships**
- **England Table Tennis Kidz**
- **The FA**
- **Sport England - This Girl Can**
- **UDoit Dance**
- **Yorkshire Sport Foundation - This is PE**

There are so many fantastic free resources and ideas out there to make physical activity and sport fun, engaging and accessible to all.



Find out what you, your family and friends really enjoy and make some noise about it

**#NSSWtogether**  
**@YouthSportTrust**  
**@SkySports**



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